

BBQ Pork

Makes: 48 servings

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Ingredients	Weight	Measure
Pork roast, boneless	10 lb	
Salt		2 Tbsp
Black pepper		2 Tbsp
Vegetable oil		3 Tbsp
Fresh onions, chopped		1/2 cup
Honey	2 lb	1 qt
Black pepper, ground		1 Tbsp
Paprika		2 Tbsp
Prepared yellow mustard		1 Tbsp
Worcestershire sauce		2 Tbsp
Catsup		3 cups
Garlic granules		1 tsp
White vinegar		1/2 cup
Tomato paste		1 cup
Enriched whole wheat hamburger rolls		48 each

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	360	
Total Fat	11.1 g	
Protein	18.2 g	
Carbohydrates	50.5 g	
Dietary Fiber	3.8 g	
Saturated Fat	3.4 g	
Sodium	727 mg	

Directions

1. Season pork roast. Roast at 350 degrees F for 4 to 4 1/2 hours. Remove from oven. Pull the pork. Chill and refrigerate.
2. To prepare the bbq sauce: heat vegetable oil. Add onions and saute until lightly browned, about 5 minutes. Add honey, black pepper, paprika, mustard, Worcestershire sauce, catsup, garlic, vinegar, and tomato paste. Simmer uncovered for 20 to 30 minutes. CCP: Heat to 155 degrees F or higher for at least 15 seconds.
3. Add sauce to pulled pork and combine. Heat for service.
4. CCP: Hold for hot service at 135 degrees or higher. Portion the meat mixture onto bottom half of each roll. Top with other half of roll.

Notes

Additional Tips

This tomato based barbeque sauce can be used with pork, beef, chicken, or turkey and can be served alone or with a whole wheat bun or cornbread.